

## **ABSTRACT**

### **Title:**

Muscles imbalances at fighters in thaiboxing

### **Objectives:**

Purpose of the bachelor thesis is to diagnose the actual state of the mobile system of athletes in thaiboxing, who are involved in this sport for many years on professional level and to find out, if there are any muscle imbalances and/or bad posture of the body. Part of the thesis is specialized to find out if left or right stance of the fighter has any impact on asymmetrical posture.

### **Methods:**

Its method of quantity research, where to get the results, we used method of observing, testing and expert criticize under the physiotherapist supervisor.

### **Results:**

Professional athletes (fighters) in thaiboxing have defective posture and muscle imbalances that are characteristic for upper crossed system, which we found out based on static and dynamic examination of the mobile system. At the same time, they also manifested themselves in poorly fixed movement stereotypes.

### **Key words:**

muscle imbalances, thaiboxing, body posture, stretching, strengthening